

Heatherton TF, Kozlowski LT, Frecker RC, Fagerstrom KO. The Fagerstrom Test for Nicotine Dependence: a revision of the Fagerstrom Tolerance Questionnaire. *British Journal of Addiction*. 1991;86:1119-27.

1. How soon after you wake up do you smoke your first cigarette?

Within 5 minutes (3)

6-30 minutes (2)

31-60 minutes (1)

After 60 minutes (0)

2. Do you find it difficult to refrain from smoking in places where it is forbidden?

Yes (1)

No (0)

3. Which cigarette would you hate most to give up?

The first in the morning (1)

All others (0)

4. How many cigarettes/day do you smoke?

10 or less (0)

11-20 (1)

21-30 (2)

31 or more (3)

5. Do you smoke more frequently during the first hours after awakening than during the rest of the day?

Yes (1)

No (0)

6. Do you *smoke* even if you are so ill that you are in bed most of the day?

Yes (1)

No (0)

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